



## 4. Walk in Herne

Herne / 22.03.2009

### Detailed evaluation

Dudaj, Irmgard

Club: HTV

Number: 13638

Course: 13.00 km

Nordic Walking

Total time: 1:50:03

Speed: 7.09 km/h

metres in height up: 180

Course score: 15.70

performance score: 111 Points